# refocus21

your 21-day fasting journal




# 7-Day Pre-Planning

**Day 1 /**

Resource & Planning Day:
Today we begin our preparation with ordering your Refocus21 Fasting Journal. Also gather your Bible, pens, & color pencils, and other resources for this journey.

**Day 2 /**

Declutter Day:
Find that quiet area where you can spend time with your color journal. Organize and declutter that area. Think about calming elements to add to your space- small plant, desk fountain, etc.

**Day 3 /**

Prepare To Meditate:
What is Biblical Meditation? Learn how to meditate and visualize God's destiny for your life. Keep up with our emails and video via email and “Refocus21” Facebook Page for support along the way.

**Day 4 /**

Grocery Shopping/Meal Planning:
Review our sample vegan recipes and grocery list in your RF21 journal of your Refocus 21. Remember, a full Daniel fast includes a vegan diet with NO sugar or ‘sweets’. (choose your option)

**Day 5 /**

Check-In Thursday:
Let’s meet up virtually. We will be supporting and encouraging each other as a community. We will also be sharing recipes and cooking ideas. Must be Registered for link.

**Day 6 /**

Scheduling Day:
You’re almost ready to begin the fast. Write your weekly schedule time for prayer, meals, wake/sleep, affirmation & Journaling. This will help you to stay on track and be accountable to yourself.

**Day 7 /**

Rest Day:
Today is your rest day. You can review your pre-planning list or catch up on any of the preplanning days you may have missed. Read the first few pages of your journal for more on fasting.

Available At a